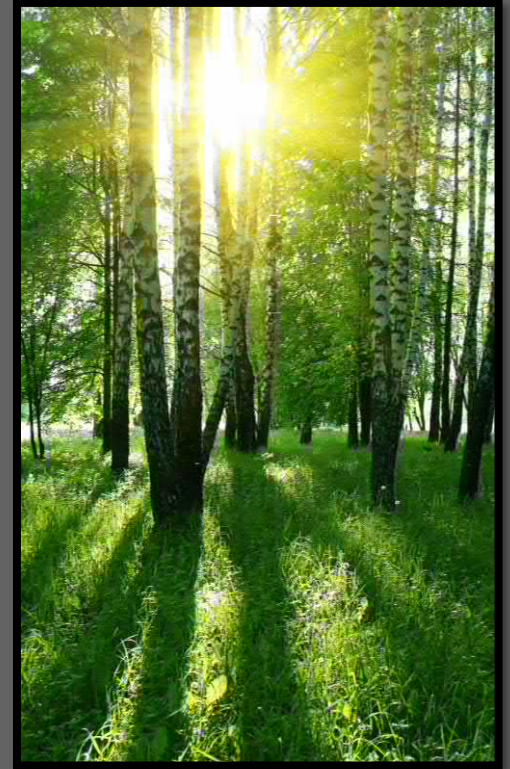


2017 Mental Health Awareness Art Display

Submitted by Various Artists

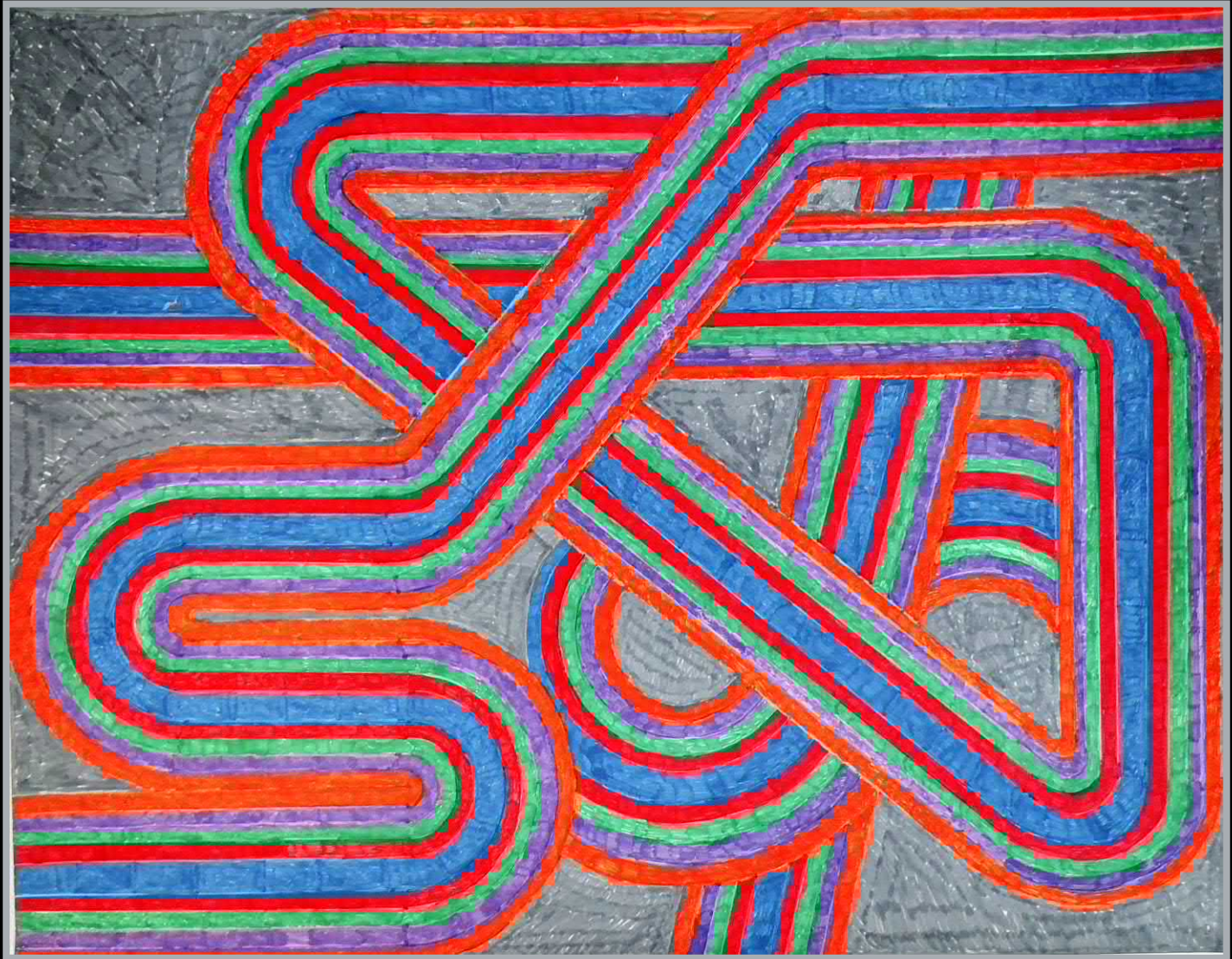


stigmafree
Idaho

Artist:
Anonymous



Artist:
Anonymous



How to Grow Grain

Author:
Bert Fiskum

The words of laughter like fleeting winds blow; but it's the tears of our eyes that makes the grain grow.

We cry one tear; He cries two. It's not the laughter but the tears that reward you. I will teach you how to suffer so the tears will flow; didn't I say earlier that tears make the grain grow?

So it's one step at a time, and a little bit to go, a little tear will help the grain grow.

p.s... Tears have taken me through some hard times, but it's when the rain stopped and the sun came out that I saw beyond the tears the nail scarred hands.

My Mind

Author:
Paul Anderson

My mind My mind

My mind my mind one of the things we left behind we lose so much when we lose our minds like Humpty Dumpty we are never put back together again through years and years of trial and error ~~we~~ may someday find that magic combination that return some freedom into our lives.

Self Portrait

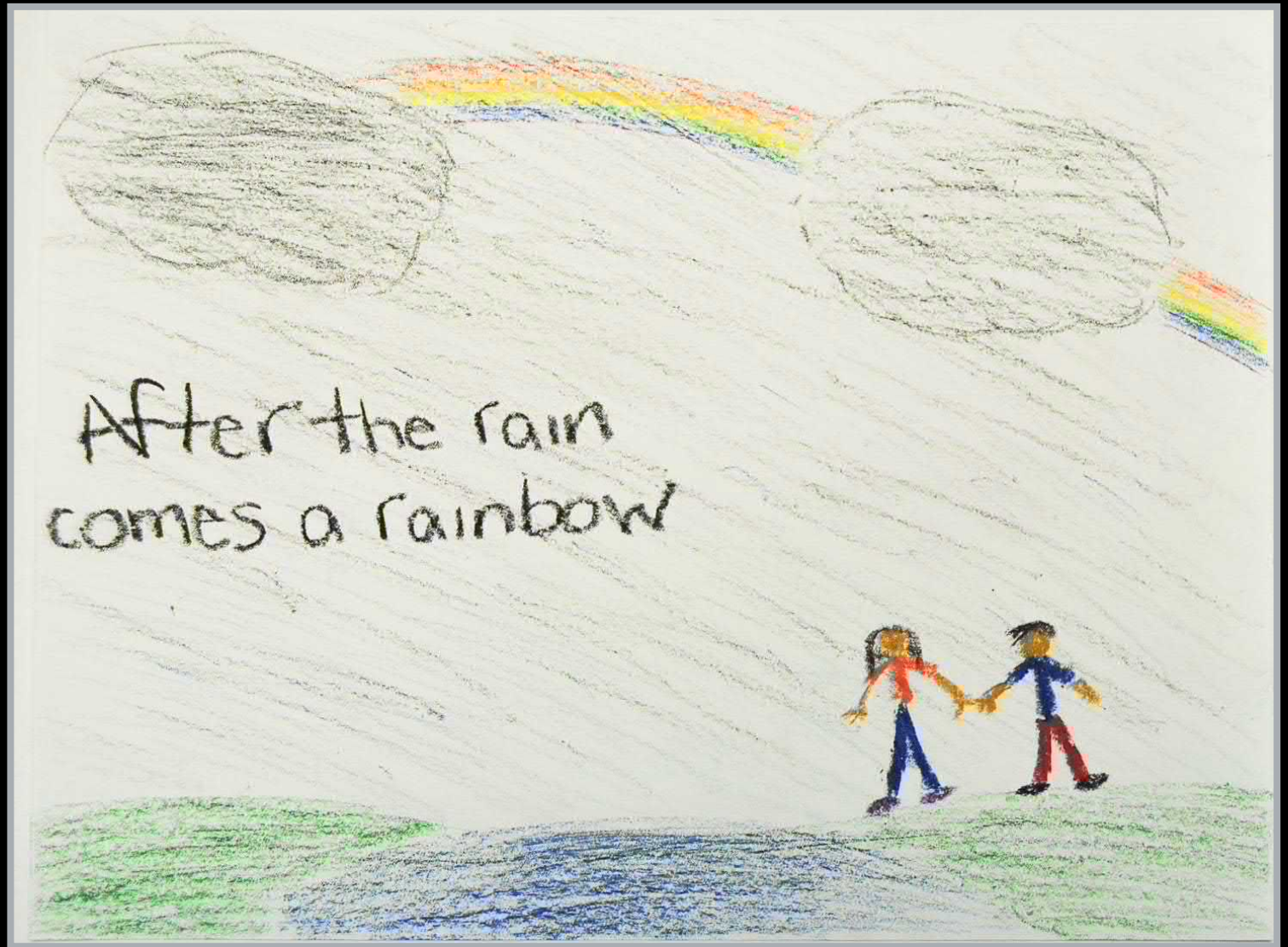
Artist:
Teyah Clark



Artist:
Anonymous



Artist:
Anonymous



Author:
Bert Fiskum

When you want some information, ask a question. With the answer make a start. Since the simple things are usually best, really all you need to do is go take a look at it. You can do great things if you take it one step at a time.

Know your audience. Some things can be said here and not there. Other things can be said most anywhere. It's all in how you view your own reality and the subject of your ability to reason.

Serenity

Artist:
Ryan Miller



The Willow

Artist:
Anonymous



Escape to Firefly Forest

Artist:
Anna Van Skike



Author:
Bert Fiskum

The feelings we feel in the present are mirrored images of painful experiences in our past.

Once you know the ropes, schizophrenic people are actually quite interesting.

When you uncover as your Dr. orders you to, you will find riches in your thoughts that are borne for greatness and conceived in struggle.

The mind is a wonderful concept, and to use it to help others is a great good. For out of struggle comes our life and out of this life we draw the strands of success.

Artist:
Anonymous



My Beautiful Warrior

Artist:
Miranda Branson



Author: Bert Fiskum

I went to the Post Office this morning and was waited on by a postal employee I've know from the past that he is super professional and extra assertive. Everything is business with this guy and to carry on a conversation with him; well you got to be good. You know the kind of person you hate and the one you blame all of your trouble onto.

Unfortunately, it's not his fault that I screwed up and hurt my own feelings. Let's take a closer look at the dynamics involved here. It seems temper is the immediate response when our feelings are hurt; as precious as our darlings are, it makes a hard go of life to let our feelings dictate to us the temper, which may be involved.

We learn that temper is to be suppressed and feelings to be expressed. When I keep these things in order, life is a lot easier. We can say that the grace in hurt feelings without temper is the goal and payoff when we suppress the temper. When I feel hurt, it unlocks the door to wisdom and opens the path to understanding. So it seems that if we handle ourselves correctly, hurt feelings can be a boon to better mental health, and a more satisfying life.

Two-Faced

Artist:
Teyah Clark



Artist:
Anonymous



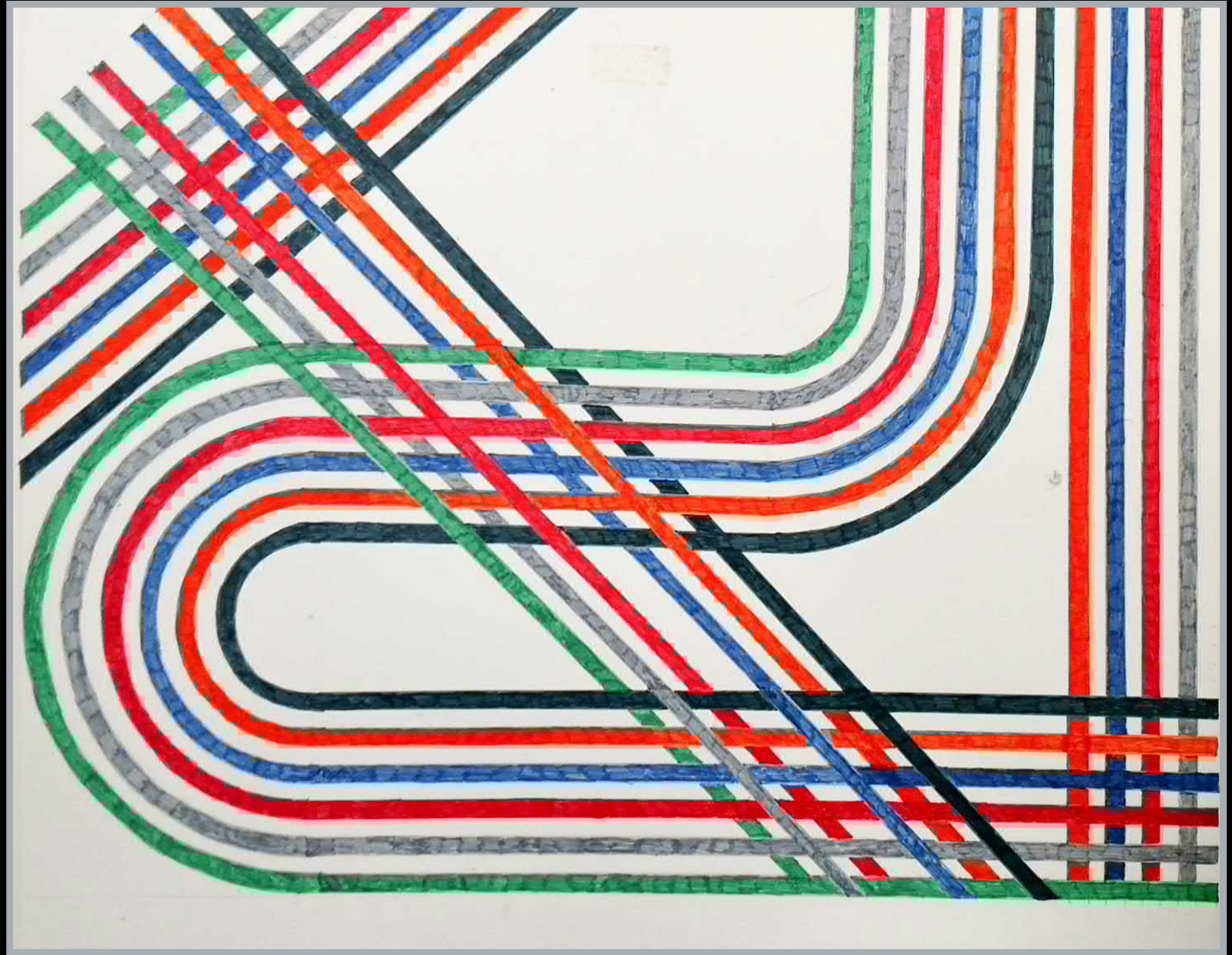
The Face in the Mirror

Author:
Paul Anderson

THE Face in the Mirror

Its NOT what I see but what I hear
the slurs resound in my head. Psycho, sicko
your weird, go back to the funny farm, mental head go
take your meds, goof ball, your nuts, go back to Blackfoot
Wacks, your strange get away from me you make me uncomfortable
there are many more but the ones left unsaid that perpetuate
ignorance are still the majority.

Artist:
Anonymous



Author: Bert Fiskum

If you use your ability to reason; you'll arrive at more sound decisions and more efficient ways to run your life.

Reasoning your thoughts helps you feel better by decreasing your anxiety, which draws its energy from inaccurate thinking. So to put it simply: look before you leap, and to take a couple of minutes to think things through. Sometimes we call this process a wise way of doing things.

Another friend of reason is wisdom. There needs to be a purpose to your wisdom, a lot of understanding is found in how we do things that make sense. One definition of wisdom is this: we all have our gifts and it's our life's design to develop these gifts.

A wise way to live your life is this bit of reason; that there is no correcting a foolish statement. The last I heard the best remedy is still trying to find that "hole in the floor".

Artist:
Anonymous



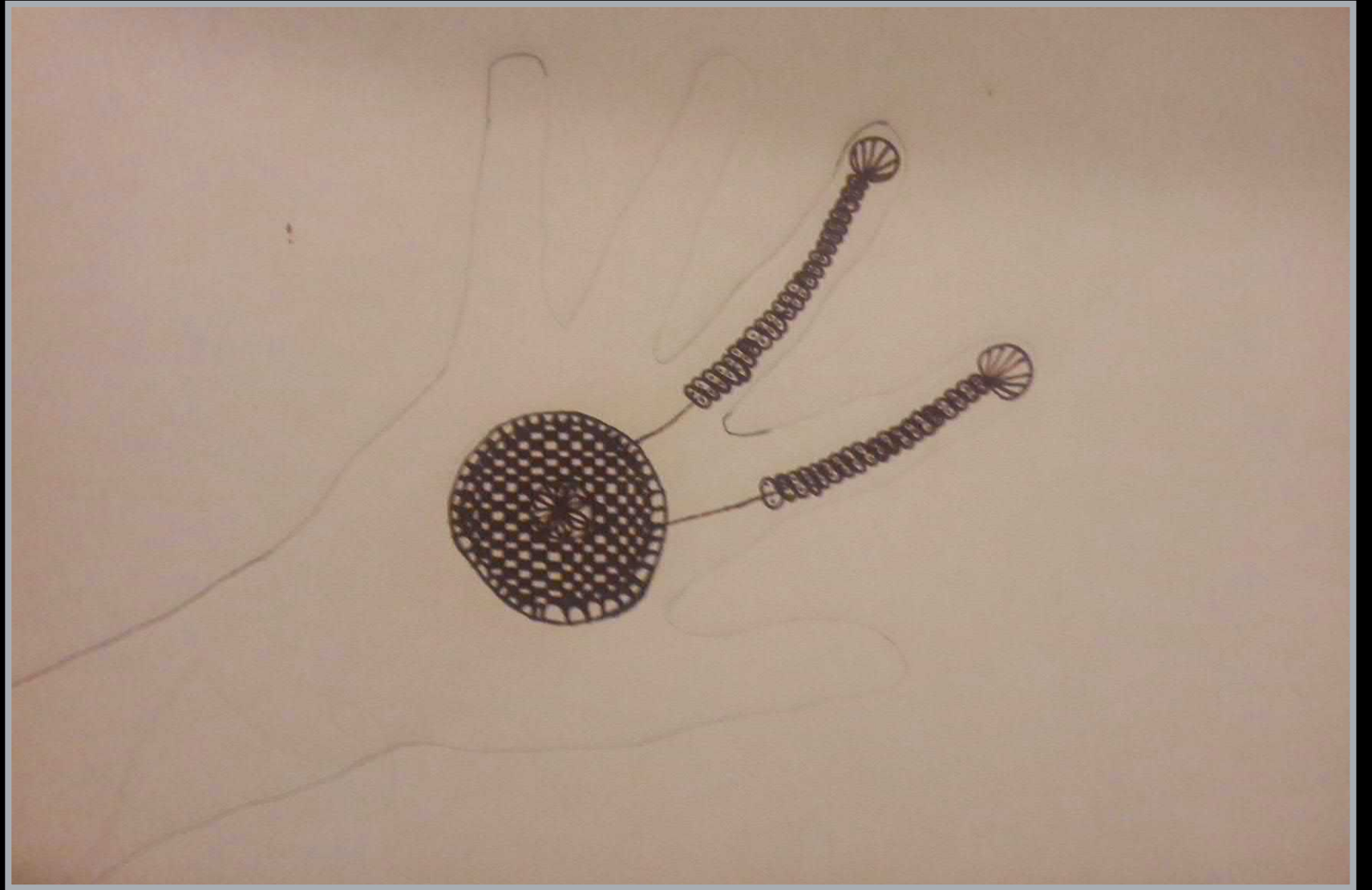
The Bird

Artist:
Scott Sams



Snail

Artist:
Teyah Clark



Author: Bert Fiskum

We come to the point of realizing that our yoke is easy and our burden is light. Of the many ways this comes to us in our own individual lives, the one that impresses me the most is the process of reasoning. In order to make it real and actually work, you need to take risks. There are many ways to take risks that are well within the lines of safety. These are a few I use:

When I'm in my house I use my hands to frame the answer and I also speak loudly.

When I'm driving, I talk out loud and reason on what I have to do next.

When I'm in the restaurant, I talk out loud and reason with what is going on.

When I get up in the morning, sometimes I have a bit of depression. Talking out loud when reasoning out my problems, gives me insight, and the insight lifts my depression and I feel OK. Reasoning things out also helps me feel contented and at peace.

Help Me

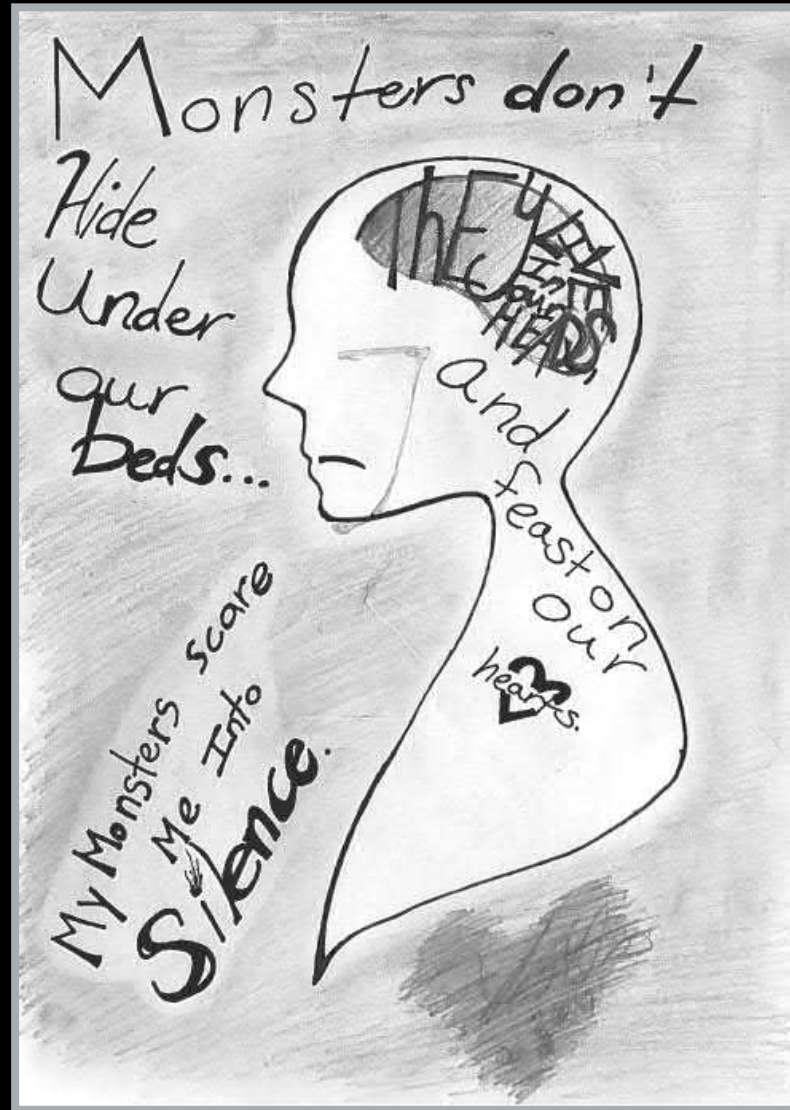
Author:
Selena Acosta

Here lies the weak
Emptiness in the throat, hard to speak
Laughing, joking, life is good
Passersby never understood

Must stay strong, head held high
Everything will end once I die

In Our Minds

Artist:
Kat Cook



Ramona (Freedom)

Author:
Aldis Barry

Ramona is afraid of her head
So she left.
(Only for a little while.)

Maybe she's Sif's first hair to Freyja's Tears.
Or maybe the tears will bring her below,
For a while, into Ran's abode
Where the air is wet with the deep water.

Has she come back?
Is a changeling come instead?
To imitate her life
To move her hollow body
Almost-but-not-quite-like the real?

Her fear tastes of salt and iron, the stuff of flesh.
She can't escape her head in this fluid place,
Houdini-proof and soft,
Unless Ran lets her out (or she wants to go.)

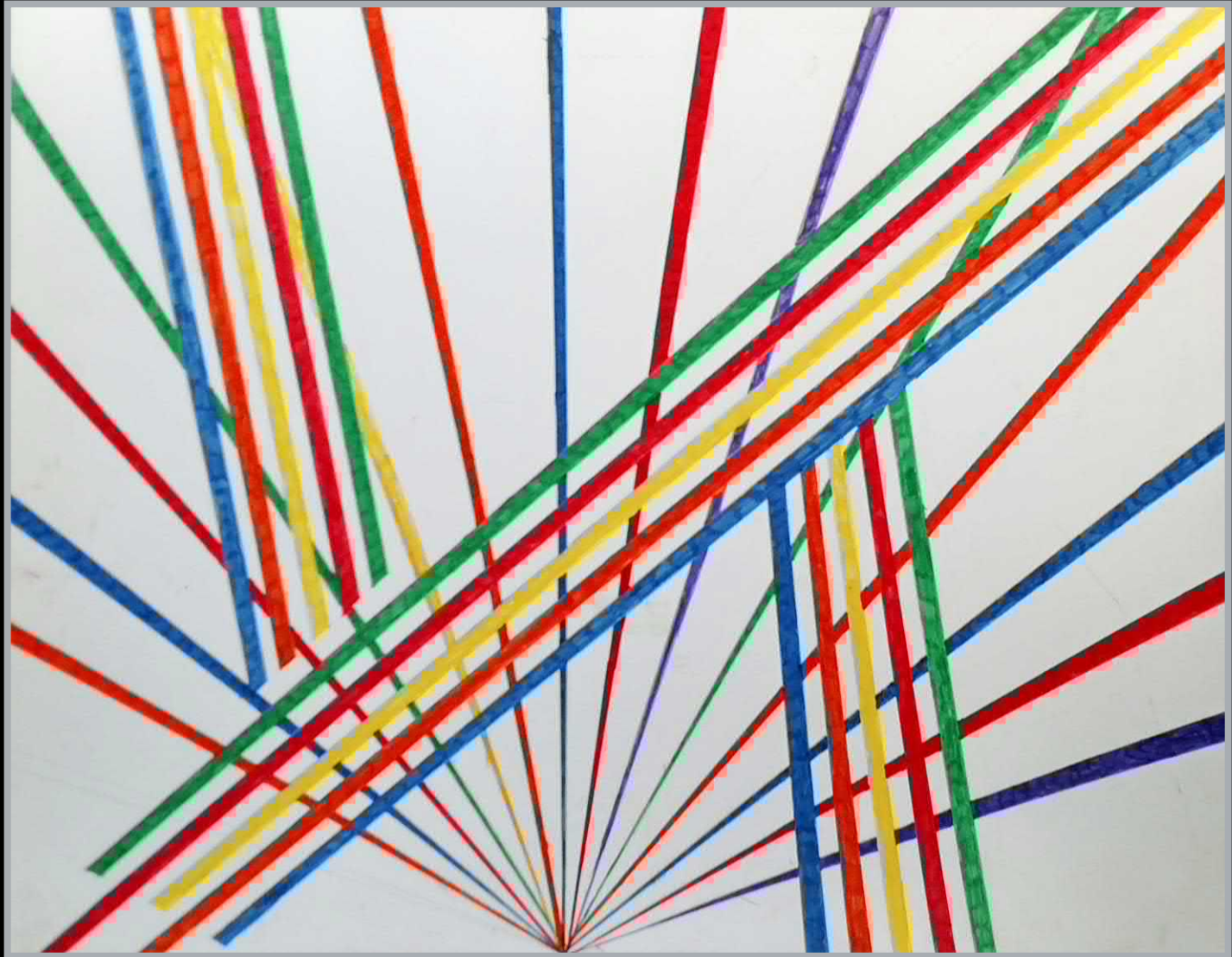
Memories
The weight of the sea
Follow her
How far can she swim?

Serenity

Artist:
Kegan Bastin



Artist:
Anonymous



Author: Bert Fiskum

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All Together

Artist:
Teyah Clark



Artist:
Anonymous



Author: Bert Fiskum

When you gain an insight, you are forgiven. Being forgiven is an essential part of salvation and is a vital step in being healed. Knowing the truth sets us free. So there is a connection between a person's illness and the thought process of their mind.

People usually hide out as long as they can. But since this is considered average, we just need to deal with it and jump for the opportunity when it comes.

The point in acquiring good mental health is to make wise use of your time to encourage other people. You encourage other people by reasoning with them about their life.

So people who talk foolishly are often hostile people because the lack of understanding is at the base of hostility. The solution is to gain understanding and tell others how you feel since telling others how you feel is a step in honesty's house and a chance to eat at wisdoms table.

So what we have here is a desire to do good. Many times we read scripture and pass over it because we don't know what it means. But when we ask questions, we gain correct information and with that make a start which leads to a sound decision.

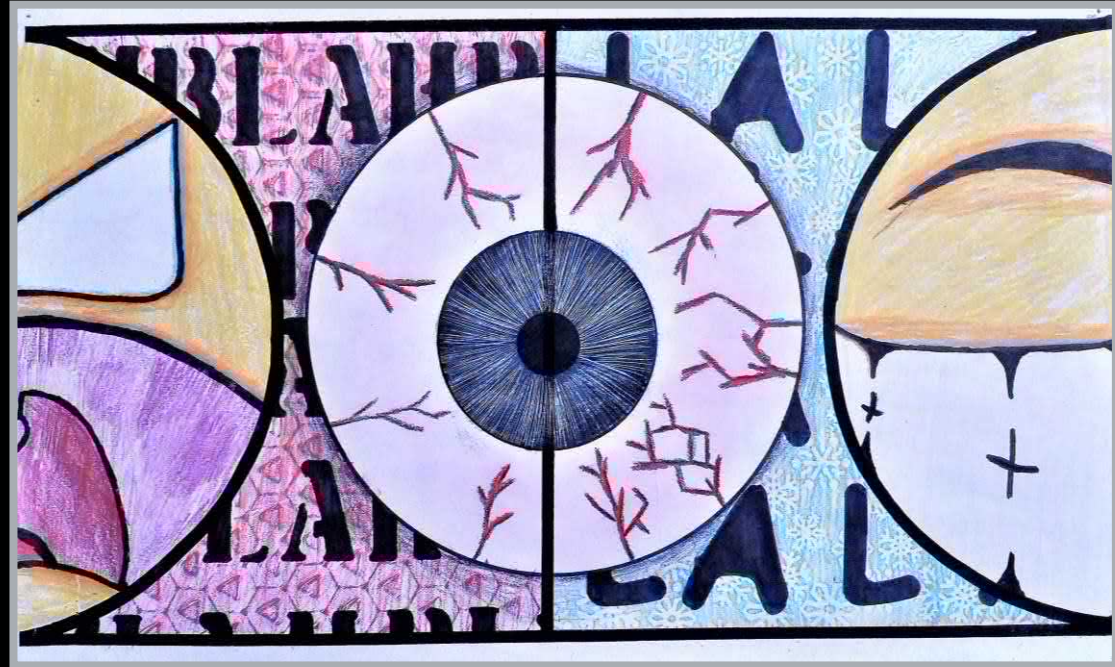
Lithium

Artist:
Carissa Meyer



Thoughts in My Head

Artist:
Damion Bastin



The Little Engine That Could

Author:
Bert Fiskum

A certain farmer had a good wheat harvest and needed to hire a train engine to haul his grain to market over on the coast.

So he went to the rail yards and spotted a big green engine. He thought, "Well, he'll surely do." "Big green engine can you haul my grain to market?" he asked. The engine looked at him with bleary eyes and said with a tired voice, "Oh, I'm so tired, oh oh I feel a nap coming on." 'Snooze'... "Well," thought the farmer, "he won't do." Then his eye caught an even bigger gray engine. "Well, bigger is better." "Big gray engine, I've got some work for you." "Work, what's that" he said in a fatigued voice. "My doctor said I needed to rest. Oh oh, here it goes. 'Snooze.'"

The farmer was almost overcome with despair, "what can I do?" If I don't get the grain to market I'll go out of business." Just then he spied a little red engine. The man thought that "he couldn't pull a pig out of a mud puddle much less my grain to market." But he had no other choice. "Little red engine, do you think you can haul my grain?" The engine jumped on the tracks and exclaimed "Of course I can!" So the engine started out "I think I can, I think I can" the first hill, really biting hard in faith, then over the hill and said "I thought I could, I thought I could." The wheat got to market on time and the farm was saved. Sometimes, it's not so much your size, maybe the most important thing to say is "Of course I can." Even if all you have is a trainload of tears, you can get them to market if you think you can.